

Content outline

This activity aims to develop and refine the technique for a volley in Tennis.

- Volley and recover
- Forehand and backhand
- Low and high volleys
- Decision making



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This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education



Space

- Increase the distance away from the ball feeder to make the activities more difficult
- Decrease the distance away from the ball feeder to make the activities easier
- If you are using a tennis racket and tennis ball – make sure you increase the size of the area for safety



Task

- How many times can you hit a target in 10 attempts?
- Change the distance or size of the target area you are aiming for to adapt the activity
- Ball feeder can change speed / direction of delivery to make the task more difficult



Equipment

- Change size of ball (smaller ball will increase difficulty)
- Change size of the targets (smaller target will increase difficulty)
- Use different household items (Eg. Rolled up socks, different types of ball)
- Create your own racket – try to use items which will replicate a racket, such as a frying pan



People

- If you have another person in your house, get them to throw the ball and alter the speed and direction of the throw
- Challenge a friend with an online competition – how many targets can you hit in one minute?

Learning intention

Physical:

- To develop and refine the volley in Tennis

Personal:

- Decision making

Learning questions:

- When hitting a low volley, what angle does your racket need to be at?
- How does the angle of your racket make a difference during this shot?
- Why do you need to recover in the middle of the space after you perform a volley?
- Why is it important that your knees are bent during the low volley?
- When were you most successful during these tasks? And why?
- What coaching points would you identify from these activities?